



ALKALINE GLUTEN FREE RECIPE BOOK

58 delicious, cleansing,
alkaline and **gluten-free recipes**
for abundant health & energy

ROSS BRIDGEFORD



YOUR RECIPES

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every recipe is gluten-free, alkaline, anti-inflammatory and delicious. these recipes are perfect to use in your 'before the cleanse' phase, or ongoing once your alkaline reset cleanse has finished.

BREAKFAST



alkaline breakfast cookies

makes eight cookies

INGREDIENTS

2 ripe bananas
2 cups of rolled oats
1 tsp cinammon
1 tbsp chia seeds
2 tbsp pepitas
*2 tbsp goji berries**
2/3 cup almond butter
1/3 cup brown rice syrup
2 tbsp coconut oil

Optional:

1 tbsp hemp seeds
1 tbsp buckwheat groats
1 tbsp psyllium husks

** instead of goji you can use dried cranberries, chopped dates or just leave out if you want to minimise sugar*

DIRECTIONS

Start by pre-heating your oven to 180c / 356f. Now mix the oats, cinnamon, chia, pepitas, berries and ginger in a mixing bowl, by hand.

Then add the bananas, coconut oil, syrup and almond butter to a blender or food processor and blend smooth and then combine with the dry ingredients.

Mix thoroughly until you have a sticky dough and then line a baking tray with baking paper and ball up eight cookies.

Bake for 18-20 minutes until golden.



no-bake breakfast bars

makes eight bars (or to your preferred size)

INGREDIENTS

*5 cups uncooked oatmeal
(quick oats)*

320g almond butter

1 cup coconut cream

*3 tbsp rice malt syrup
(brown rice syrup)*

*1 inch ginger (or 2 tsp
ground ginger)*

2 tbsp coconut oil

*Optional: swap 1 cup of
oatmeal for 1 cup flaxmeal*

DIRECTIONS

Put the coconut cream, coconut oil and rice malt syrup into a large mixing bowl and whisk until everything is combined.

Now add the almond butter and grate in the ginger and whisk until it's all combined.

Next, add the oats (and flax) - you can mix with a spoon to smooth it all out. If it's still lumpy you can use your hands (which is lots of fun) to mix together.

Now take a flat baking dish, lined with baking/parchment paper and flatten the mixture out into the dish

Refrigerate for a minimum of 2 hours, or overnight and then cut into bars. These will stay good for at least a week in the fridge.



alkaline nourish bowl

serves 2

INGREDIENTS

90g brown rice*
20g buckwheat groats
1 avocado
10 cherry/grape tomatoes
Handful spinach or arugula
6 florets of broccoli
2tbsp pepitas
1/2 cucumber
1/2 lemon (juiced)
Olive oil
Himalayan salt & black pepper

Optional:

Other leafy greens
Almonds (sliced)
Red cabbage
Carrot, or any other veggie!
Creamy Cashew Sauce
(page 24)

DIRECTIONS

Get the rice cooking first. If you want to, you can swap the rice for quinoa, or even mix the two (my preference!). When the rice is 80% cooked, throw the buckwheat into the pot with the rice (buckwheat only takes a few minutes), and the broccoli on top (the broc will steam through)

While the rice etc. is cooking, slice the avocado, tomato and if you're using it - prepare the cashew dressing.

Once the rice is cooked, put this into a bowl, top with the steamed broccoli and the other chopped ingredients and dress either with lemon & oil OR the cashew dressing.



quinoa & buckwheat porridge

serves 2

INGREDIENTS

1/2 cup quinoa
1/2 cup buckwheat groats
1tbsp chia seeds
2tsp cinnamon
1tsp nutmeg
1/2 cup blueberries or
other low sugar fruit
2 cups water
Big dollop of coconut
yoghurt in each bowl

Optional:

1tsp per person of rice
malt syrup

DIRECTIONS

Add the quinoa & buckwheat to a saucepan with the water and bring to a boil, then reduce to a simmer.

After the water has cooked away and been absorbed, stir in the chia seeds and a splash of the coconut milk and stir through.

Leave the chia to swell for 2-3 minutes and then stir through the cinnamon, nutmeg and blueberries.

Serve to your bowls, top with the coconut yoghurt and if you need that extra sweetness, just add a tiny little bit of the rice malt syrup.



super-deluxe chia pot

serves 2

INGREDIENTS

1/2 cup chia seeds

*Up to 100ml coconut milk
(thick from a can)*

20g rolled oats

1 sliced banana

10 almonds, chopped

20g blueberries

Coconut yoghurt

DIRECTIONS

Start by preparing the chia seeds by soaking them in coconut milk (the sort from a can, not the thin milk-alternative in a carton). Add the chia seeds to a cup or bowl, cover with coconut milk and stir. Set aside for 15 minutes, stirring occasionally and adding more milk as needed.

Once the chia seeds are prepared, start stacking your serving cup with layers of: chia; banana; oats; coconut yoghurt; blueberries; nuts; chia; banana...and so on.

Feel free to get creative and playful!



easy weight-loss oats

serves 2

INGREDIENTS

1 cup oats

1/2 cup quinoa

2 dessert spoons of coconut oil

Coconut milk to taste

1 tsp cinnamon

Small handful of almonds

Pinch of psyllium husks per person

Filtered water

Optional:

Top with a spoon of almond butter or tahini

DIRECTIONS

Start by cooking the quinoa by putting the 1/2 cup of quinoa into a pan with 1 cup of water, bring this to the boil and then simmer until the water is almost all evaporated.

Once it is almost cooked, add the cup of oats with 1.5 cups of water and simmer until the oats are also soft.

While this is simmering, smash or slice the almonds and add these to the pan.

Once the oats and quinoa are cooked, remove from the heat, stir in the pinch of husks, the cinnamon and the coconut oil and then coconut milk.

Serve with another splash of the milk if required.



liver-cleansing 'bitter' green juice

serves 2

INGREDIENTS

2 handfuls of arugula
(rocket)

1 bunch cilantro (corian-
der), leaves and stems (but
not roots)

1 cucumber

3 stalks of organic celery

1 handful of kale (any vari-
ety)

Juice of 1/2 lemon and the
peel of 1/4 lemon (if this is
too bitter, you can reduce)

Filtered water to taste

DIRECTIONS

Simply wash and juice all of the ingredients. I tend to juice the leaves between the higher water content veggies (cucumber and celery) as they help wash and push the leaves through the juicer a little.

If the lemon peel is too intense, you can reduce the amount (or if you like it, add more!). Ideally, you'd be getting organic lemons if you're using the peel too.

Also note, the stems of the kale can be extra bitter too. Now, bitterness is kinda the idea behind the juice, but if it's too much you can cut the stems of the kale out before juicing.

Add (preferably filtered) water to taste, or to make it into a bigger juice you can drink throughout the day.



hypothyroidism rebalance juice

serves 2

INGREDIENTS

2 stalks of celery

*2 handfuls of lettuce leaves
(any variety – just think
two big handfuls of torn
leaves)*

*½ bunch coriander (cilan-
tro)*

100g arugula/rocket leaves

1 cucumber

DIRECTIONS

Juice & enjoy! Add as much water as you like to dilute to taste (preferably filtered water).



the alkaline fat-flush juice

serves 2

INGREDIENTS

3 large handfuls of baby spinach

1/2 bunch kale (can be any variety)

1 medium beetroot (and leaves if possible)

1 cucumber

1/2 tsp powdered cinnamon

DIRECTIONS

Wash, chop and juice all of the ingredients, except for the cinnamon

Run around 100ml of water through the juicer to slightly dilute the juice and help with the juicer cleaning process!

Whisk the cinnamon into the juice, serve and enjoy!

Enjoy, it's a really wonderful way to support weight loss (if you want or need to lose weight) and if you don't need to lose weight, it's an alkaline, antioxidant, anti-inflammatory, nutrient-packed juice that tastes WONDERFUL!



the 'triple-A' juice

serves 2

INGREDIENTS

4 handfuls spinach
2 handfuls kale
1/2 cucumber
2 sticks of celery
1 inch ginger (more or less to taste)
2 cm turmeric (or 1 tsp powdered)
1 red capsicum
1 small beetroot
2 carrots
Filtered water to taste

DIRECTIONS

Wash and juice all ingredients!

If you're using a masticating juicer, chop the celery into chunks to prevent the string from clogging the juicer up.

You can dilute down with filtered water, coconut water, or any nut milk.

ENJOY!

Having this juice a few times a week will change your life forever!



acid-removing juice

serves 2

INGREDIENTS

3 large kale leaves (any variety)

2 sticks of celery (including leaves)

1 cucumber

1 handful of watercress or rocket (arugula)

½ inch of fresh root ginger

Squeeze of ¼ fresh lemon

250ml of filtered, preferably ionized water

Optional: ½ inch of fresh turmeric

DIRECTIONS

Thoroughly wash all ingredients and then chop the celery into small pieces so it does not clog up your juicer

Juice everything except for the lemon

Once juiced, run the water through the juicer to wash through any remaining juice and nutrients

Squeeze in the lemon and stir through

Serve!



the alkaline powerhouse juice

serves 2

INGREDIENTS

2 handfuls watercress

2 large leaves of Chinese cabbage

3 large chard (silver beet) leaves

2 small beetroots including greens

2 large handfuls of baby spinach

1 inch of root ginger

1 carrot

300ml coconut water (or filtered water)

DIRECTIONS

Wash the leaves thoroughly (remove the leaves from the beetroot), especially if not organic.

If not organic, peel the carrot and ginger and the beetroot itself.

Next, simply juice all of the ingredients!

Add the coconut, or filtered, water at the end. If you have a masticating juicer then you can pour the coconut water through it at the end. This will push through any remaining juice, which is great, and also the water will start the cleaning process too!



the reflux-relief smoothie

serves 2

INGREDIENTS

1 Tbsp coconut oil
1/2 Inch ginger root (or 1tsp ground)
1 tsp cinnamon (ground)
1 tsp cardamom
1 tsp nutmeg
1 bag or 10g loose leaf rooibos tea
1 small handful almonds
1 small handful walnuts
1 tbsp chia seeds
250ml coconut cream
250ml almond milk (unsweetened)
½ avocado

Optional:

1 handful of kale/bok choy/watercress
1 vanilla pod

DIRECTIONS

[Note: if you don't have a high speed blender, such as a Vitamix, Nutribullet or Blendtec you will need to soak the nuts overnight, or for at least 4 hours beforehand]

On the stove, with a very, very gentle heat, combine the coconut milk, almond milk, ginger root, cinnamon, cardamom, nutmeg and the teabag (or leaves).

Bring to a gentle simmer and turn to the lowest heat for 5 minutes.

Once the flavours have infused, and it smells amazing, strain into a blender to remove the tea leaves/bag. Add the ginger to the blender too.

Add the avocado, chia seeds, coconut oil, almonds, walnuts and greens (if using) and blend until absolutely smooth.



anti-inflammatory smoothie

serves 2

INGREDIENTS

1 inch of fresh ginger, grated

1 inch of fresh turmeric, grated

A handful of baby spinach

A handful of watercress (or rocket/arugula)

1 small avocado

1/2 bell pepper

A big handful of flat-leaf parsley and/ or coriander

1 cup coconut water (or filtered water)

Big pinch of cayenne

Pinch of salt

DIRECTIONS

Grate the roots into the blender and add the avocado and coconut water

Blend this to form a base

Next add the remaining ingredients and blend until smooth



bone-building super smoothie

serves 2

INGREDIENTS

1/2 Avocado

Handful Kale

1 Tbsp Pumpkin Seeds

1 Tbsp Sesame Seeds

1 Tbsp Almonds

1 Cucumber

Handful Spinach

Handful Swiss Chard/Beet Greens or other greens

250ml Almond or Coconut Milk

Coconut Water or Filtered Water (for preferred consistency)

DIRECTIONS

Blend together all ingredients until smooth, adding coconut water or filtered water at the end to get to the desired consistency.



keto-alkaline power smoothie

serves 2

INGREDIENTS

1 cup full-fat coconut milk (the thick type, not the thin dairy replacement carton type)

1 avocado

1/2 cucumber

1 handful baby spinach

1 teaspoon cinnamon powder (organic)

1/2 teaspoon ginger powder (organic)

1 tablespoon almond butter

1 tablespoon chia seeds

1 tablespoon cacao powder

1 tablespoon coconut oil

Water added to make desired consistency (if you need to)

DIRECTIONS

Simply blend until smooth! Add a sprinkle of cinnamon on top too if you like!



LUNCH



super alkaline raw soup

serves 2

INGREDIENTS

1 stalk celery
2 cucumbers
8 cherry tomatoes
Juice of 1 orange
4 handfuls of baby spinach
1 handful of basil
1/2 avocado
1 clove garlic
1/2 lemon (juiced)
Olive oil
Himalayan salt & black pepper

Optional:

Swap the spinach for arugula for a more peppery taste (or go 50:50)

DIRECTIONS

Blend together the celery, one of the cucumbers, the tomatoes, spinach, avocado, garlic and orange & lemon juice.

Once this is absolutely smooth, transfer to the bowls and then spiralize/zoodle the other cucumber on top and finish with a drizzle of olive oil, salt and pepper and a little extra lemon or orange juice.

Delicious!



digestion healing soup

serves 2

INGREDIENTS

Olive oil

1 tbsp coconut oil

2 leeks, sliced

1 stick of celery

6 sprigs thyme

3 spring onions

1 cup of peas

½ cup French green lentils

*1 bunch Tuscan kale,
washed and finely sliced*

100g baby spinach leaves

4 cups water

*Himalayan salt and
cracked black pepper*

DIRECTIONS

Start by gently sauteing the leek, celery, spring onion and thyme in the coconut oil for 3-4 minutes, being careful not to let it brown.

Then add the lentils, water and peas and bring this all to the boil, before reducing the heat to a simmer.

Now add the kale and simmer for around 25 minutes. Test the lentils are cooked through and if so, add the spinach, salt and pepper and serve.



alkaline green detox tabouli

serves 2

INGREDIENTS

1 avocado
100g baby spinach leaves
1 head of broccoli
Half a bunch of mint
Half a bunch of parsley
1/4 small red cabbage
6 spring onion
1 lime
20g goji berries
1 tbsp flaxseed oil
50g pistachio nuts
20g pepitas
Himalayan salt and
cracked black pepper

DIRECTIONS

Start by either finely chopping, or using a food processor, the broccoli, cabbage, parsley, mint, spring onion and spinach.

Now chop the avocado and add this to the bowl with the finely sliced veggies and mix in the goji berries, nuts and seeds.

Squeeze over the lime juice, drizzle with the flaxseed oil and salt & pepper and then mix through again. Add more lime or oil if needed.



creamy avocado & white bean wraps

serves 2

INGREDIENTS

4 flax wraps (see recipe on page 37)*

1/2 can of white beans/
cannellini beans

1/4 red onion

Small handful of coriander/
cilantro

1 avocado

6 cherry tomatoes

1 carrot

1/8 red cabbage

Handful of rocket/arugula
or spinach

Himalayan salt and
cracked black pepper

Olive or flax oil

* you can use any GF wrap, but
I love the recipe from this book!

DIRECTIONS

Prepare the flax wraps as per page 37, or use an alternative gluten free wrap.

In a food processor or blender, add the avocado, onion, beans and cilantro and blend until smooth, but chunky.

Grate or spiralize the carrot and grate (or finely chop) the red onion.

Spread a healthy thick serve of the creamy mix onto the wrap and top with the carrot, cabbage and spinach or arugula.

Season with salt & pepper and an optional drizzle of oil and wrap up to serve!



quinoa superfood salad

serves 2

INGREDIENTS

1/2 cup uncooked quinoa
2 handfuls of parsley
2 handfuls of mint
2 large handfuls of baby spinach leaves
3 spring onions
2 cucumbers
8 cherry tomatoes
3 tbsp pepitas
3 tbsp chopped almonds
1/2 pomegranate

Dressing

1 lime
1 clove garlic
30ml olive oil
Himalayan salt & black pepper

DIRECTIONS

Start by cooking the quinoa; add the 1/2 cup dry quinoa to 1 cup water, bring to the boil and then reduce to a simmer until the water has evaporated and the quinoa is fluffy.

Now add this to a bowl (and ideally allow to cool). While it's cooling, finely chop the parsley and tear the mint and spinach. Slice the cucumber and spring onions, and halve the cherry tomatoes.

Remove the jewels from the half of pomegranate and mix everything together, with the nuts and seeds.

Make the dressing by adding the lime, oil and a crushed/smashed garlic clove to a small jar and giving it all a shake. You can play with the quantities here to get your desired taste.



kale slaw with creamy alkaline dressing

serves 2

INGREDIENTS

1 bunch Tuscan, Cavalo Nero or Curly kale

4 cups shredded red cabbage

1 carrot, shredded

1 small red onion, thinly sliced

1 large red bell pepper (capsicum), cored, seeded and thinly sliced

1/3 cup sunflower seeds

½ bunch of coriander, roughly chopped

¼ cup sesame seeds

1 inch piece of root ginger, sliced thinly

For the dressing, see the Creamy Cashew Dressing on page 24

DIRECTIONS

(Note: Creamy Dressing on page 24)

Start by shredding the kale and red cabbage and place this into a large salad bowl.

Next add the thinly sliced onion, bell pepper, coriander, seeds and the ginger and toss these ingredients together.

Next follow the instructions on page 24 to make the Creamy Cashew Dressing and then toss this through the slaw and serve!



immune boost asparagus & ginger broth

serves 2

INGREDIENTS

3 cups organic, gluten free vegetable bouillon (I like the Marigold brand)

2 cups of filtered water

1 1/2 tbsp Bragg Liquid Aminos (or GF tamari)

1 inch of fresh root ginger – peeled and grated

2 garlic cloves – minced

1 fresh red chilli, chopped

8 stalks of asparagus – chopped

1 large handful kale – chopped

1 spring onion – chopped

1/2 cup fresh coriander chopped

Glug of olive oil

1tbsp coconut oil

Cracked black pepper

Himalayan salt to taste

DIRECTIONS

Start by heating the coconut oil, filtered water, vegetable bouillon (stock), Bragg Liquid Aminos (or Gluten Free Tamari) in a pan and bring to a medium heat.

Next add in the chopped ginger, garlic and chilli and let simmer for about 3-4 minutes.

Finally, all you need to do is add the kale, spring onion, coriander and asparagus and let this simmer for another 3-4 minutes and then you're ready to serve! When in the bowl, drizzle in a glug of olive or flax oil for an extra immune system boost.



cleansing broccoli soup with ginger

serves 2

INGREDIENTS

1 large head of broccoli, roughly chopped (approx 400g)
1 small brown onion, diced
2 cloves of garlic, minced
1/2 bunch of fresh mint, roughly chopped
2 large handfuls of spinach
1/2 cucumber, roughly sliced
1.5 cm of fresh root ginger, grated
3-500ml of organic vegetable stock
Himalayan salt & black pepper to taste
1 tbsp coconut or avocado oil

DIRECTIONS

Start by gently sauteeing the onion and garlic in the oil in a large pan for around 2-3 minutes, and then add the chopped broccoli

Warm through for another 1-2 minutes and then stir in the ginger, mint and pour over the stock – you can start with just 200-300ml and if this covers the broccoli, save the remainder for once you've blended it, to get the consistency you want

Let this simmer for 3-4 minutes until the broccoli just starts to soften and then transfer everything to a blender. Add the spinach and cucumber (raw), and blend on high speed until everything is completely smooth

Add more stock to get the consistency you like and serve with a sprig of mint atop each bowl and a little drizzle of avocado or olive oil





DINNER

alkaline cauliflower alfredo

serves 2

INGREDIENTS

*1 medium cauliflower
1tbsp avocado oil
1tbsp coconut oil (or just use 2tbsp coconut oil)
1/4 cup cashews
3 cloves garlic
2 teaspoons pine nuts
1 cup of peas
2 large handfuls of spinach
2.5 cups almond milk
1 yeast-free, MSG-free vegetable stock cube
Handful of oregano & basil
Himalayan salt & black pepper to taste
Juice of 1/2 lemon
Optional chilli flakes*

For the noodles:

*2 carrots
2 zucchini - both spiralized*

DIRECTIONS

Start by getting the cashews soaking in warm water, this will make them easier to blend.

Next, roughly chop the cauliflower, mince the garlic and add to a pan with the oil and pine nuts. Cook for 2-3 minutes, and then add the almond milk and the stock cube. Bring the pot to a simmer.

Now drain the cashews, give them a rinse and add to the pan too. Simmer everything together for 6-8 mins.

Put everything in a high-speed blender and add the lemon juice, herbs, salt & pepper and once it's smooth this is your sauce ready.

Now add this to a saucepan with the peas and spinach until they are cooked through and then add the zoodles for a couple more minutes, and then serve!



raw, vegan pad thai zoodles

serves 2

INGREDIENTS

3 medium courgettes (zucchini)

3 large carrots

2 spring onions, chopped (also known as green onions, scallions)

1 cup shredded red cabbage

½ packet of beansprouts

1 cup cauliflower florets

1 bunch of fresh coriander/cilantro, chopped roughly

Coconut Oil

Sauce

¼ cup tahini

¼ cup almond butter

¼ cup tamari

1 tsp coconut sugar

2 tbsp lime or lemon juice

1 clove garlic, minced

1 inch of ginger root, grated

DIRECTIONS

First, prepare the carrot and courgette 'noodles' by using either a spiralizer or mandolin. If you don't have either of these, use a vegetable peeler to make slices of the zucchini and carrot and then use a sharp knife to slice these into very thin strips.

Put these into a large bowl with the spring onions, shredded cabbage, beansprouts (thoroughly washed), cauliflower and coriander.

Now prepare the sauce by blending the tahini, almond butter, tamari, coconut sugar, lime/lemon juice, garlic and grated ginger. Add a little water if needed – this is a very thick sauce.

Finally, mix the sauce into the bowl and get everything evenly coated.



simple winter lentil curry

serves 2

INGREDIENTS

1 big carrot, finely grated
1 red onion, finely cut
1 leek, cut into fine rings
2 garlic cloves, finely cut
1/2 tsp fresh ginger, grated
1/2 tsp ground cumin
1/2 tsp chilli paste or fresh chilli
1/2 tsp turmeric powder
1 tsp curry powder
2 tbsp extra virgin olive oil
250g lentils, red or yellow
1.2 litres of water
Freshly ground black pepper
Himalayan salt

DIRECTIONS

Gently heat the olive oil in a large pot. Add the onions and steam fry them whilst stirring for about 4 to 5 minutes. Add the garlic, carrot and leek and steam fry for a further 2 minutes. Stir in the kurkuma, chilli paste, curry powder, cumin and ingwer. Add the water and stir all the ingredients well.

Clean the lentils under running water and drain them well. Add them to the pot and let them boil up shortly. Reduce the heat, put the lid on and let the stew cook on a low temperature for about 35 minutes, until the vegetables have started to soften. Stir regularly.

Let the stew cool down slightly and puree everything with an immersion blender. Gently heat the stew again and season to taste with pepper and salt.



mung bean rissoto (ven pongal)

serves 2

INGREDIENTS

*Half a medium pumpkin,
diced*

3 carrots diced

3 courgette, diced

50g green beans, sliced

1 red onion, finely diced

*1 bunch asparagus,
chopped*

1 stick celery, sliced

*1cm turmeric, grated or
chopped*

*1cm ginger, grated or
chopped*

250ml water

80ml organic coconut milk

*2 tablespoons extra virgin
olive oil*

2 cloves garlic, crushed

1/2 cup chopped parsley

*Himalayan salt & cracked
black pepper to taste*

DIRECTIONS

Important: you will need to cook the mung beans beforehand, ideally soaking them overnight. After soaking, drain and rinse them and put the cup of beans in to a pot with 4 cups of water. Simmer for 30 minutes until they start to break apart. Then set aside.

Now combine the water, onion, olive oil, garlic, turmeric, ginger, celery, asparagus, carrot, pumpkin, courgette and green beans into a saucepan and cook gently for 2-3 minutes.

Then add the mung beans and coconut milk and simmer for a further 5 minutes to allow it to thicken.

Season with salt and pepper and add parsley.

Serve as it is, or on a bed of quinoa (or even better, cauliflower rice)



alkaline spaghetti bolognese

serves 2

INGREDIENTS

1/2 red onion
1 clove garlic
Coconut oil
1 carrots
1 red bell pepper
2 celery stalks
500g tomatoes
1 tin borlotti or pinto beans
300ml filtered water
1 small aubergine
Small handful of basil
Small handful of parsley
Olive oil for dressing

For the noodles:

2 carrots
2 zucchini - both spiralized

DIRECTIONS

Chop the tomato and mince the garlic and then saute these gently in coconut oil, for 2-3 minutes. While this is softening, roughly chop the tomato, carrots, celery and bell pepper. Add these to the pan for another 4-5 minutes and then add the water and stock cube/powder.

Cover this and cook on a low heat for around 20 minutes.

While this is cooking, cube the aubergine and roast in the oven for around 15 minutes, and then stir into the sauce with the beans.

Cook for another 5 minutes and then serve on top of the noodles (raw) OR add the noodles to the sauce to gently cook them for a few more minutes.



hearty quinoa winter stew

serves 2

INGREDIENTS

1 tsp coconut oil
1 brown onion, diced
1 celery stalk, chopped
2 carrots, chopped
2 tomatoes, chopped
1/4 cabbage (any variety),
finely sliced
1/2 head of broccoli,
shaved (see instructions)
2 cloves of garlic, crushed
1/2 cup of dry quinoa
750ml (filtered) water
1 can of tomatoes
1 can black beans, rinsed
and drained
1 teaspoon ground cumin
1 teaspoon of fenugreek
seeds
1 bunch of fresh cilan-
tro (coriander), roughly
chopped
Freshly ground Himalayan
salt & black pepper to taste
1/2 avocado to top it off
(and a drizzle of olive, flax
or avocado oil too!)

DIRECTIONS

Gently warm the coconut oil and add the onion, celery, carrots, and garlic and gently saute for 3-4 minutes. Then add the fenugreek seeds and cumin and continue to warm through for another 2-3 minutes.

Now add the tomatoes, black beans, quinoa, and cabbage and saute for another 2 minutes before adding the water and tomatoes. Bring this to a gentle simmer and add the salt and pepper to taste.

After 10 minutes, add 2/3 of the cilantro and the broccoli. To add the broccoli, grab the broccoli head by the stalk with one hand, and with the other use a sharp knife to 'shave' the broccoli into the soup.

Now you're ready to serve, put the stew into bowls and then top with the diced avocado and a drizzle of oil and the remaining cilantro.



A close-up photograph of a person's hand reaching towards a pile of fresh green limes. The limes are piled on a dark wooden surface. The person is wearing a light blue shirt. The background is dark and out of focus.

DIPS & DRESSINGS

simple basil & arugula pesto

serves...varies!

INGREDIENTS

1 bunch basil
1 bunch parsley
2 handfuls of rocket (arugula)
2 cloves garlic
60ml cold pressed olive oil
1 tbsp pepitas
1 tbsp almonds
Juice from ½ lemon
Himalayan salt and pepper to taste

DIRECTIONS

Simply add all ingredients to a blender or food processor and blend until smooth-ish!

Add more olive oil if needed, and before you store it in the fridge, make sure it's covered in oil to help preserve it.



creamy cashew dressing

serves...varies!

INGREDIENTS

1/2 cup raw cashews

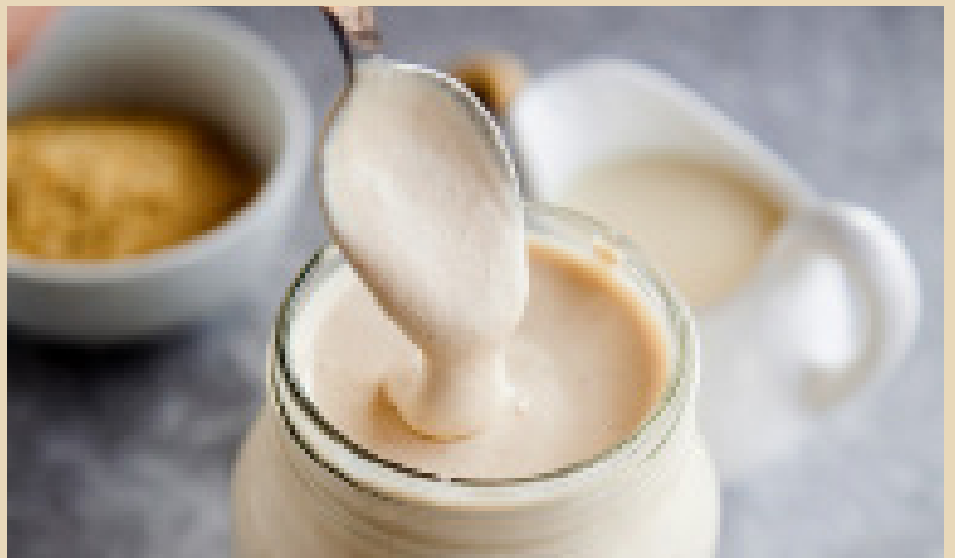
1 cup yeast-free vegetable stock

2 cloves garlic

DIRECTIONS

Note: if you don't have a high speed blender (Vitamix, Blendtec etc) the cashews need to be soaked in warm water for at least 30 minutes prior to making, otherwise it might not blend too smooth...!)

Drain the cashews (if soaked) and simply blend them with the garlic and stock until smooth.



cool creamy vegan raita

serves...varies

INGREDIENTS

1 large cucumber, grated
1/2 red onion, minced
1 lime, juices
1/2 cup raw cashews
1/2 tsp cumin seeds
1 green chilli (jalepeno works well)
1/4 bunch of mint, finely chopped
1/2 tsp ginger grated
Himalayan salt to taste

DIRECTIONS

Important: you will need to soak the cashews for at least 30 minutes in 3/4 cup of filtered water. After they've soaked don't discard the water.

So...start by blending the cashews, the water they've been soaked in, cumin, chilli (if using), ginger, salt and lime juice until smooth.

Transfer to a bowl and mix with the cucumber, mint and onion.



green pea & broad bean dip

serves...varies

INGREDIENTS

2 cups peas (fresh or frozen)

1 cup of broad beans (podded and again, fresh or frozen is fine)

1/3 avocado

1 clove of garlic

1/3 cup flax oil or olive oil

Himalayan salt to taste (I usually use about 1/2 teaspoon)

A handful of fresh mint

3 sprigs of coriander

1 lemon, juiced and the rind of half of the lemon

DIRECTIONS

Firstly, just wash the peas and broad beans and put onto a light boil for two minutes, if they were frozen make sure the water is boiling before putting in because the cold peas and beans will take the temperature right off the water.

Once done (literally, 120 seconds is all thats needed here), put them into a colander and give them a wash over with cold water and then place into a blender/food processor with the avocado, garlic, oil, salt, mint, the rind and coriander. Blend and blitz til smooth or chunky depending on your preference. Now add a little of the lemon juice and taste and keep adding more until you're happy.



black bean hummous

serves...varies

INGREDIENTS

*1 can black beans (200g),
rinsed and drained*

*2 teaspoons fresh lemon
juice (or more to taste)*

*1 small handful of basil
leaves*

1 clove of garlic, crushed

*1 large pinch of sesame
seeds*

2 tbsp olive oil

2tbsp tahini

Optional:

Red chilli to taste

DIRECTIONS

In a food processor, process black beans, oil, tahini, lemon juice, basil, sesame seeds and garlic until thick. If it's TOO thick, you can add a little water or extra olive oil.



coriander, chilli & mint dressing

serves...varies

INGREDIENTS

1/2 small red onion

1 red chilli

1/2 cup of coconut yoghurt or soya yoghurt

1/2 handful chopped fresh mint

1 handful chopped fresh coriander/cilantro

DIRECTIONS

Finely dice the onion and dice and deseed the chili (or not if you like it hot!) Mix the onion, chili with the yoghurt, mint and coriander. Put in the fridge for 1 hour to chill and infuse.



creamy alkaline hummus

serves...varies

INGREDIENTS

1 tin organic chickpeas

1 tin organic cannellini beans

1 tbsp tahini

1 lemon, juiced

2 cloves garlic

1/2 bunch coriander (cilantro)

Big glug(s) of organic, extra virgin olive oil

DIRECTIONS

Simply throw all of the ingredients together into a blender or food processor and process until completely smooth.

Remove from the blender and into a bowl and cover with olive oil and season to taste.





SIMPLE SNACKS

super-fast, raw bliss balls

makes 10 balls

INGREDIENTS

4 Medjool dates
1 cup almond meal
1/2 cup shredded coconut
1/3 cup coconut oil
1/3 cup cacao powder
1/3 cup pistachios
1/4 cup almonds
1 tbsp chia seeds

DIRECTIONS

Start by softening the dates and almonds in hot water.

The dates need about an hour to soften – make sure you remove the seed (unless you're using a vitamix, and then you're fine).

Now process/blend the dates, almond meal, almonds, half of the pistachios, shredded coconut, coconut oil, cacao and chia together.

Move this to a bowl and let it stand for a few minutes to allow the chia to soften and expand.

Smash the remaining pistachios and roll this raw mixture into small balls and roll in the crushed pistachios to coat them.



all-day energy protein balls

makes 10 balls

INGREDIENTS

1/2 cup chia seeds

*1/4 cup unsweetened
shredded coconut*

1/4 cup cacao nibs

*6 tbsp almond butter (un-
sweetened)*

*6 tbsp hemp or brown rice
protein powder*

6 tbsp raw cacao

1 tsp vanilla extract

2 tbsp rice malt syrup

*2 tbsp virgin coconut oil
(melted, warm not hot)*

Pinch of Himalayan salt

Pinch of cinnamon

DIRECTIONS

Blend all ingredients in a blender and tip out into a bowl, and then form into balls. Refrigerate for 30 minutes before eating.



chia seed energy crackers

serves plenty

INGREDIENTS

*1/2 cup chia seeds
1/2 cup sesame seeds
1/2 cup pumpkin seeds
1/2 cup sunflower seeds
1 clove of crushed garlic
1/2 teaspoon cayenne
pepper
Salt & pepper to taste
1 & 1/4 cups of water*

DIRECTIONS

Get the oven on at 300°F. Then simply mix it all together and wait ten minutes for the chia seeds to soak up all of the water. Then using a spatula spread it on a sheet of baking paper on a baking tray. Now, using the spatula divide it into 12 sections and then put into the pre-heated oven for half an hour – take it out, flip it and bake for 25 more minutes. It's done once it's golden and crackable.

You can eat on it's own or with avocado, dips like hummous or even as a regular cracker and whatever you'd normally have on a regular cracker



turmeric roasted chickpeas

serves plenty

INGREDIENTS

*1 cup cooked chickpeas
drained and rinsed*

*½ teaspoon extra virgin
olive oil*

1 tbsp ground turmeric

Pinch of Himalayan salt

DIRECTIONS

Preheat oven to 400f/200c and line a baking sheet with parchment paper.

Toss chickpeas in extra virgin olive oil, turmeric and salt on baking sheet. Spread the chickpeas evenly across the sheet for even baking, making sure the chickpeas aren't touching.

Put baking sheet in the oven and roast for 20 minutes, stopping once or twice to shake the pan so that the chickpeas roast evenly.



cauliflower 'buffalo wings'

serves plenty

INGREDIENTS

1 head of cauliflower, chopped or snapped down into bite-sized pieces

1 cup of chickpea (garbanzo) flour

1 cup of water

1 tsp of garlic powder

1/2 teaspoon of Himalayan salt (finely ground)

Sauce

1 tbsp coconut oil

1 small brown onion, grated

2 garlic cloves, crushed

1 tsp ground coriander

1 tsp ground cumin

1 tsp ground allspice

1/2 tsp cayenne pepper

1 tsp lemon juice

1/3 cup tomato sauce

1 tbsp Dijon mustard

1 tbsp Worcestershire sauce

DIRECTIONS

Preheat the oven to 230 degrees (450f). Now in a bowl, mix together the flour, water, garlic powder and salt and whisk this until it is like a smooth batter.

Toss through the cauliflower and then bake for around 15-20 minutes, giving a shuffle half way through.

While this is cooking, make the sauce. Warm the coconut oil in a pan over low heat and then add the onion, garlic, coriander, cumin, allspice and cayenne.

Cook these together for about four to five minutes and then add the lemon juice. After another minute or so add the tomato sauce, mustard and Worcestershire sauce and 250ml of water and simmer for 10-15 minutes. Once thickened, blend it until smooth.

Remove the cauliflower from the oven, and toss in your sauce to coat each piece. Now place it back in the oven and cook for another 20 minutes or until it's got your desired level of crispyness!



alkaline ginger cookies

serves 14

INGREDIENTS

3 tbsp almond butter
1/4 cup macadamia nuts
1/4 cup raw almonds
2 tbsp coconut oil
2 tbsp rice malt syrup
4 Medjool dates (pitted)
2 tsp ground cinnamon
3 tsp ground ginger (you can increase or decrease depending on how spicy you like it)
1 tsp of ground cardamon
Pinch of ground nutmeg
1 cup oats

DIRECTIONS

Using a blender or food processor, blitz together the almond butter, coconut oil, rice malt syrup, dates (ideally soaked in hot water for a few minutes first, but it's not a biggie), ginger, cinnamon, cardamom, nutmeg and oats until they're well combined.

Next throw in the almonds and macadamias and blend further, leaving these a bit chunky.

Now, using your hands, simply roll them into balls and then flatten slightly to make the cookie shape. Put them into the freezer for half an hour and then transfer to the fridge. See if you can make them last 24 hours



A close-up photograph of a person's hand reaching towards a pile of bright green limes. The limes are resting on a dark wooden surface. The hand is positioned in the upper right quadrant, with fingers slightly curled as if about to pick up one of the limes. The limes are in sharp focus, showing their textured skin and vibrant green color. The background is dark and out of focus, emphasizing the hand and the fruit. A white rectangular box is overlaid on the lower left side of the image, containing the word "BREADS" in a blue, serif font.

BREADS

banana bread (gluten-free)

makes one loaf

INGREDIENTS

1 batch flax egg (1 tbsp
flaxseed meal + 2.5 tbsp
water)
3 medium bananas
1/4 cup almond butter
3 tbsp coconut oil
1/2 cup brown rice syrup
1/2 tsp Himalayan salt
3/4 cup almond milk
1 tbsp baking powder
1 3/4 cup almond meal
1 1/4 cup gluten-free flour
1 1/2 cup oats
1/2 cup chopped raw wal-
nuts or almonds

DIRECTIONS

Preheat oven to 350 degrees F (176 C) and line a loaf pan with parchment paper or lightly grease.

Prepare flax egg (letting it rest for 4-6 mins) then add in the banana and mash it all together with a fork.

Add the almond butter, coconut oil, rice malt syrup, salt, and almond milk and whisk.

Add baking powder, almond meal, gluten-free flour, almonds and oats and stir well to combine.

Pour into the loaf pan and smooth with a spoon. Bake for 1 hour to 1 hour 15 minutes. When done, the loaf should feel firm and a knife will come out clean.



ross' ultimate miracle bread (gf)

makes one loaf

INGREDIENTS

1/2 cup sunflower seeds
1/4 cup pumpkin seeds
1/4 cup walnuts
1/4 cup almonds
1 cup oats
3 tbsp flax seeds
1/2 cup buckwheat or
coconut flour
3 tbsp chia seeds
4 tbsp psyllium husks
3 tbsp melted coconut oil
1 tbsp almond butter
4tbsp coconut flakes
400ml water

DIRECTIONS

In a large bowl, combine the dry ingredients. In a separate bowl, mix together the almond butter and coconut oil until combined and then pour in the water stirring until it's mixed.

Next, combine it all together until it is a really thick, gooey, dough-y mix. Now let it stand for at least an hour, preferably 2-3 hours on your kitchen bench.

Pre-heat your oven to 350°F / 175°C and while that's warming, transfer the mixture into a loaf tin. It won't rise so feel free to fill it right to the top.

Place the loaf tin into the middle of the oven and bake for around 20 minutes. Then remove it from the tin and flip it upside down before continuing to bake for another 20 minutes. Once it's been in for 40 minutes in total, remove it from the oven and let it cool.



easy gluten-free flaxseed wraps

serves 4

INGREDIENTS

1 1/2 cup flaxseed meal
1 cup water - boiled
1/2 teaspoon salt
1/4 teaspoon turmeric
1/4 teaspoon ground ginger

DIRECTIONS

In a small saucepan, bring the water to boil. Once boiling, remove from heat, stir in all the spices and add the flaxseed meal all at once.

Keep stirring until the water is absorbed and you can form a dough ball.

Remove the dough ball from the saucepan and transfer onto a piece of parchment paper. Divide the ball into 4 dough ball of same size.

Place one of the dough ball onto a piece of parchment paper. Place another piece of parchment paper on top and roll with a rolling pin until flat but not too thin.

Add a little coconut oil to a pan and on a gentle heat, cook the wrap for 1-2 minutes, flipping half way, and repeat with the other 3 dough balls.



simple buckwheat bread

serves 2

INGREDIENTS

1 and 1/2 cups almond meal

1 cup buckwheat flour

6 tbsp psyllium husk

1/3 cup pumpkin seeds

3 tsp of baking powder

3 tbsp of apple cider vinegar

1/2 tsp of Himalayan salt

2 tbsp of rice malt syrup

2 cups of water

DIRECTIONS

Preheat your oven to 180c/356f degrees. Now mix the dry ingredients together in a mixing bowl and remove any lumps.

Now stir through the rice malt syrup, apple cider vinegar and water and pour the lot into your loaf tin lined with baking paper.

Sprinkle extra seeds on top and cook for 60-70 minutes.



cinnamon oat & carrot muffins

serves 2

INGREDIENTS

2 cups oat flour (home-made from rolled oats)
1tbsp Baking powder
2 carrots, grated
1/2tsp Himalayan salt
2tsp cinnamon
1/2 tsp vanilla extract)
300g silken tofu
1/2 cup coconut oil
1/2 tsp apple cider vinegar
1 cup coconut sugar
1tbsp cinnamon
2 tsp extra coconut oil for greasing muffin tin

DIRECTIONS

Preheat oven to 400f/200c and grease a muffin tin with coconut oil.

In your blender, blitz your rolled oats into flour and then combine the flour, baking powder, salt and cinnamon in a large mixing bowl.

In a blender combine the silken tofu, apple cider vinegar, coconut oil and coconut sugar until it's totally smooth..

Now combine this with the dry ingredients in the bowl and fold in the carrot until it's formed the cake mix.

Spoon this into the muffin tin and put in the oven for 18 minutes. Removed when they're crunchy on top but springy in the middle and dust with more cinnamon or a drizzle of rice malt syrup.





DESSERTS

ross' salted caramel slice

makes 8 squares

INGREDIENTS

Base:

1.5 cups of shredded coconut

6 soft medjool dates

A pinch of cinnamon

Layer One:

1/2 cup coconut cream

3 medjool dates

2 tbsp coconut syrup

1 tbsp coconut oil

1/2 cup tahini

A few drops of vanilla essence

Layer Two:

3 tbsp coconut oil

1 tbsp cacao powder

A few drops of vanilla

Pinch of cinnamon

1 tbsp coconut syrup

DIRECTIONS

Start by blending the base ingredients together until they look like a regular 'biscuit base' then add these to a baking tin (regular round one or a rectangle one - whichever you have)

Next blend the layer one ingredients and add this on top of the base.

Now make layer two by, you guessed it, blending these ingredients together and add these on top!

Put this into the freezer for at least 20 minutes and then store in the fridge.



raw key lime 'cheesecake'

serves 8

INGREDIENTS

Base:

1.5 cups of shredded coconut

6 soft medjool dates

A pinch of cinnamon

Layer Two:

1 large Hass avocado, pitted and peeled

1 ½ cups raw cashews, soaked in water for at least 2 hours and drained

½ cup melted coconut oil

¼ cup freshly squeezed lime juice

½ cup pure coconut syrup

1 teaspoon vanilla extract

Pinch sea salt

1 tablespoon lime zest

DIRECTIONS

Start by blending the base ingredients together until they look like a regular 'biscuit base' then add these to a baking tin (regular round one or a rectangle one - whichever you have)

Blend together the layer two ingredients until smooth and then pour over the base. Freeze, covered for 3-4 hours.

Serve with a big dollop of coconut yoghurt.



fast & easy choc 'ice-cream'

serves 2

INGREDIENTS

250ml coconut cream

1tbsp raw cacao

Pinch of Himalayan salt

3g stevia

1tsp Cinnamon

Optional:

*Handful of frozen
blueberries*

DIRECTIONS

Simply blend everything together, then stir in the blueberries and put in the freezer for 30-45 minutes (depending on how solid you want it).



mint-chocolate brownies

makes 6 brownies

INGREDIENTS

1 cup pitted medjool dates
1 cup rolled oats
2 tbsps cacao powder
1/4 tsp mint extract or 1-2 drops peppermint oil
1/4 cup or cacao nibs
1tbsp rice malt syrup

DIRECTIONS

Blend the dates, oats, cacao, mint, nibs and syrup in a blender. Lay it out on a baking tray and form into a square and refrigerate for 30 minutes. Slice and serve!



sweet potato brownies

serves 2

INGREDIENTS

1 whole medium sweet potato

2 cups almonds (or cashews or a mix)

5 tablespoon raw cacao powder

1 pinch Himalayan salt

¼ cup coconut oil, melted

¼ cup rice malt syrup

DIRECTIONS

Start by peeling and chopping the sweet potato into large, rough chunks and then boil until soft (about 15-20 minutes depending on the size of the chunks)

Set that aside and cool and in the meantime, blend the nuts, cacao and salt until reasonably fine.

Put this in a mixing bowl with the coconut oil, coconut flour (if using) and rice malt syrup and mix through thoroughly.

Once the sweet potato has cooled, mash this and then stir and fold this into the mixture.

Put everything into a lined or lightly greased pan and press it down firmly, and then put into the fridge or freezer.

